SAMSUNG

Microwave Oven

Owner's Manual

MB7696W / MB7697G

CODE NO. : DE68-00278A

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do not place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do not operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer.

It is particularly important that the oven door closes properly and that there is no damage to the:

(1) Door, door seals and sealing surfaces
(2) Door hinges (broken or loosened)
(3) Power cable

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

Before cooking food or liquids in your microwave oven, please check that the following safety precautions are taken.

1. Utensils should be checked to ensure that they are suitable for use in microwave ovens as below.

DO NOT use any metallic cookware in the microwave oven :

- ◆ Metallic containers
- ◆ Dinnerware with gold or silver trimmings
- ◆ Skewers, forks, etc.

Reason : Electric arcing or sparking may occur and may damage the oven.

2. **DO NOT** heat:

- ◆ Airtight or vacuum-sealed bottles, jars, containers
  Ex) Baby food jars
- ◆ Airtight food.
  Ex) Eggs, nuts in shells, tomatoes

Reason : The increase in pressure may cause them to explode.

Tip: Remove lids and pierce skins, bags, etc.

3. **DO NOT** operate the microwave oven when it is empty.

Reason : The oven walls may be damaged.

Tip : Leave a glass of water inside the oven at all times. The water will absorb the microwaves if you accidentally set the oven going when it is empty.

4. **DO NOT** cover the rear ventilation slots with cloths or paper.

Reason : The cloths or paper may catch fire as hot air is evacuated from the oven.

5. **ALWAYS** use oven gloves when removing a dish from the oven.

Reason : Some dishes absorb microwaves and heat is always transferred from the food to the dish.The dishes are therefore hot.

6. **DO NOT** touch heating elements or interior oven walls.

Reason: These walls may be hot enough to burn even after cooking has finished, although they do not appear to be so. Do not allow inflammable materials to come into contact with any interior area of the oven.
Let the oven cool down first.

SAFETY PRECAUTIONS (continued)

7. To reduce the risk of fire in the oven cavity:
- ◆ Do not store flammable materials in the oven
- ◆ Remove wire twist ties from paper or plastic bags
- ◆ Do not use your microwave oven to dry newspapers
- ◆ If smoke is observed, keep the oven door closed and switch off or disconnect the oven from the power supply

8. Take particular care when heating liquids and baby foods.
- ◆ ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize.
- ◆ Stir during heating, if necessary, and ALWAYS stir after heating.
- ◆ Take care when handling the container after heating. You may burn yourself, if the container is too hot.
- ◆ A risk of delayed eruptive boiling exists.
- ◆ To prevent delayed boiling and possible scalding, you should put a plastic spoon or glass stick into the beverages and stir before, during and after heating.

  Reason : During the heating of liquids the boiling point can be delayed; this means that eruptive boiling can start after the container is removed from the oven. You may scald yourself.
- ◆ In the event of scalding, follow these FIRST AID instructions:
  - Immerse the scalded area in cold water for at least 10 minutes.
  - Cover with a clean, dry dressing.
  - Do not apply any creams, oils or lotions.
- ◆ **NEVER** fill the container to the top and choose a container that is wider at the top than at the bottom to prevent the liquid from boiling over. Bottles with narrow necks may also explode if overheated.
- ◆ **ALWAYS** check the temperature of baby food or milk before giving it to the baby.
- ◆ **NEVER** heat a baby's bottle with the teat on, as the bottle may explode if overheated.

9. Be careful not to damage the power cable.
- ◆ Do not immerse the power cable or plug in water and keep the power cable away from heated surfaces.
- ◆ Do not operate this appliance if it has a damaged power cable or plug.

10. Stand at arm's length from the oven when opening the door.

Reason : The hot air or steam released may cause scalding.

11. Keep the inside of the oven clean.

Reason : Food particles or spattered oils stuck to oven walls or floor can cause paint damage and reduce the efficiency of the oven.

12. "Clicking" sound might be noticed while operating, especially at defrosting mode.

Reason : When the electrical power output is changing, you may hear that sound. This is normal.

13. When the microwave oven is operating without any load, the power will be cut off automatically for safety. You can operate normally after letting it stand for over 30 minutes.

14. Before use, the user should check that utensils are suitable for use in microwave ovens. If smoke is observed, keep the oven door closed.

IMPORTANT SAFETY INSTRUCTIONS

During cooking, you should look into the oven from time to time when food is being heated or cooked in disposable containers of plastic, paper or other combustible materials.

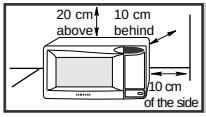
IMPORTANT

Young children should **NEVER** be allowed to use or play with the microwave oven. Nor should they be left unattended near the microwave oven when it is in use. Items of interest to children should not be stored or hidden just above the oven.

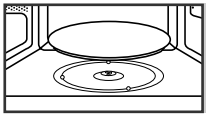
CAUTION MICROWAVE RADIATION DO NOT BECOME EXPOSED TO RADIATION FROM THE MICROWAVE.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat, level surface strong enough to safely bear the weight of the oven.



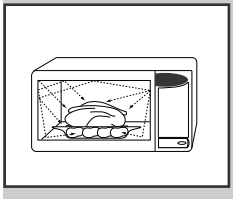
1 When you install your oven, Make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind, on the sides of the oven and 20 cm (8 inches) of above.



2 Remove all packing materials inside the oven.
Install the roller ring and turntable.
Check that the turntable rotates freely.

- **Never** block the air vents as the oven may overheat and automatically switch itself off. It will remain inoperable until it has cooled sufficiently.
- For your personal safety, plug the cable into a 3-pin, 220 Volt, 50-60Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable KDK(KKP4819D). Contact your local dealer to have it replaced.
- **Do not** install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

Cooking Principle



1 The microwaves generated by the magnetron are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.

2 The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.

3 Cooking times vary according to the recipient used and the properties of the food:

- Quantity and density
- Water content
- Initial temperature (refrigerated or not)

☞ As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

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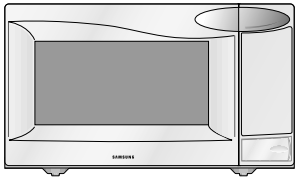
Checking Parts

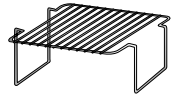
Unpack your microwave oven and check to make sure that you have all the parts shown here. If any part is missing or broken, call your dealer.



microwave oven

instruction manual

glass tray



metal rack

roller guide ring

Thank You for Choosing Samsung

Your new oven represents the latest in microwave cooking technology. This oven is a full-featured, easy-to-use appliance built to strict quality standards set by Samsung — the highest in the industry. We're proud to offer you a product that will provide convenient, dependable service for years to come.

Please record the serial number from the inside or back of your Samsung microwave oven and the date of purchase in the space provided below. We recommend that you keep your purchase receipt with this manual for easy warranty service.

Model Number _____

Serial Number _____

Date Purchased _____

Dealer _____

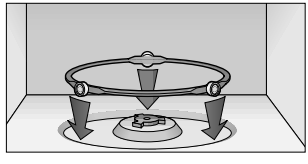
Setting Up Your Microwave Oven

1 Place the oven on a flat, sturdy surface and plug the cord into a grounded outlet. Once plugged in, the display on your oven will show:

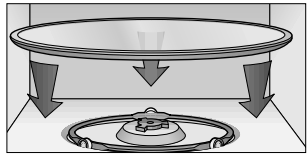
2 Open the oven door by pressing the button below the control panel.

3 Wipe the inside of the oven with a damp cloth.

4 Place the pre-assembled ring in the indentation in the center of the oven.



5 Place the glass tray on top of the ring so that the three glass tabs in the center of the tray fit securely into the tabs on the floor of the oven.



Control Panel Buttons

Help Screen p. 9
Press to see help information about the feature you are using.

Browner p. 10
Press this pad for browning cook

Gentle Cook p. 10
Press to set gentler cooking with reduced power

One Minute + p. 10
Press once for every minute of cooking at High power.

Instant Cook Buttons p. 9
Instant settings to cook popular foods.

Custom Cook p. 11
Press twice to program your favorite recipe. Press once to cook with that recipe.

Auto Reheat p. 12
Shows type and quantity of food to be reheated.

Auto Defrost p.11
Sets weight of food to be defrosted.

Number Buttons
Sets cooking times or amounts and power levels other than high.

Sound Button p. 14

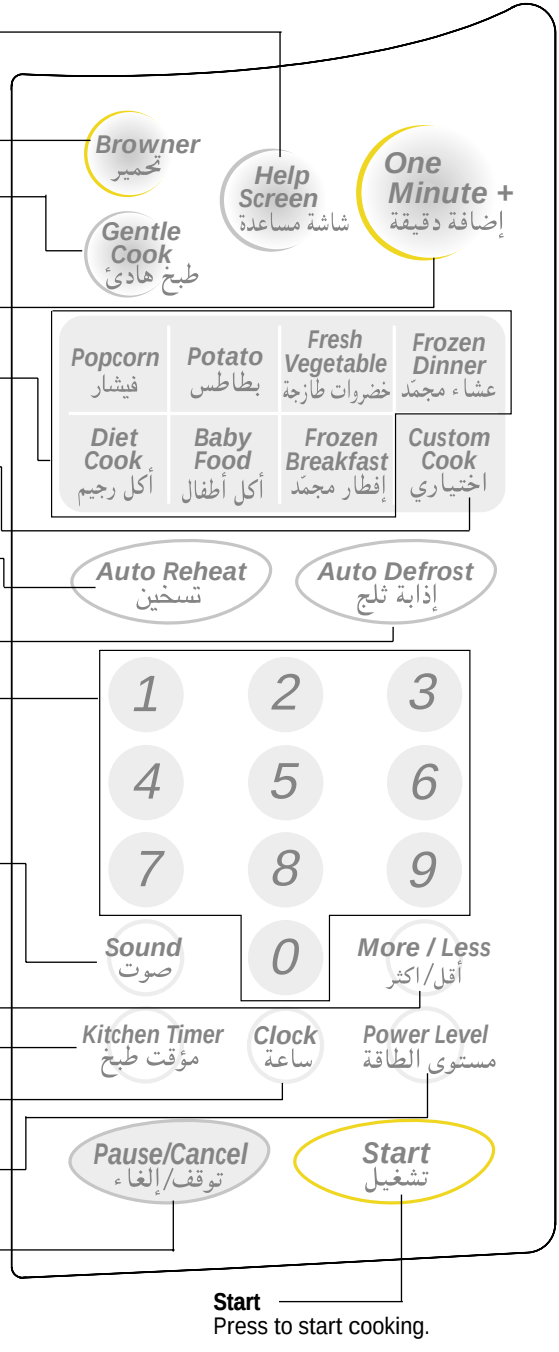
More/Less Button p. 14
Increases or decreases cooking time.

Kitchen Timer p. 15

Clock p. 8
Sets current time.

Power Level p. 13
Sets power to level other than high.

Pause/Cancel p. 8
Press to pause oven or correct a mistake.



Start
Press to start cooking.

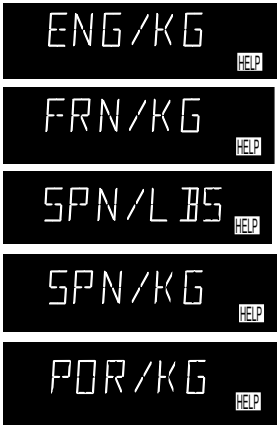
Turning on the Power and Selecting a Display Language

The first time you plug the power cord into an outlet, or after there has been an interruption in power, the display shows "SAMSUNG SO SIMPLE." At this point, you can select a language and weight system for the display. You can choose from English, French, Spanish and Portuguese and between pounds (LBS) or kilograms (KG). To do so,

1 Press **START** immediately after plugging in your Microwave. The display shows "ENGLISH/LBS". If the display does not show "ENGLISH/LBS", you will need to unplug the Microwave and then plug it in again to change the language.

2 Press **START** repeatedly to select the language and weight system you wish to use:
- ENGLISH/LBS,
- ENGLISH/KG,
- FRENCH/KG,
- SPANISH/LBS, or SPANISH/KG
- PORTUGUESE/KG.

If you continue to press **START**, the settings will cycle in the order shown here.



*When you have selected the language and weight system you want to use, press the **PAUSE/CANCEL** button to end this procedure, or press **CLOCK** to set the clock.*

Setting the Clock

1 Press the **Clock** button.
The display will show:

2 Use the number buttons to enter the current time. You must press at least three numbers to set the clock. If the current time is 5:00 am, enter 5,0,0.

3 Press **Clock** again. A colon will appear, indicating that the time is set.

If there is a power interruption, you will need to reset the clock.

*You can check the current time while cooking is in progress by pressing the **Clock** button.*

Using the Pause/Cancel Button

The **Pause/Cancel** button allows you to clear instructions you have entered. It also allows you to pause the oven's cooking cycle, so that you can check the food.

- Pause the oven during cooking: press **Pause/Cancel** once.
  To restart, press **Start**.
- Stop cooking, erase instructions, and return the oven display to the time of day: press **Pause/Cancel** twice.
- Correct a mistake you have just entered: press **Pause/Cancel** once, then re-enter the instructions.
- Cancel a timer setting: press **Pause/Cancel** once.

Using the Help system

Your microwave offers helpful instructions for many procedures.

1 When you need feature information and helpful hints, press the **Help Screen** button and then press the button that you want to get information on. Help information is available in 4 languages (English, French, Spanish and Portuguese).

Using the Instant Cook Buttons

1 Press the **Instant Cook** button corresponding to the food you are cooking (**Popcorn**, for example).
The display shows the first serving size:

2 Press the button repeatedly to select the serving size you want. The display will cycle through all available serving sizes. Once you select the correct serving size, the microwave will begin cooking automatically.

*If you don't need to read all the MENU options, simply press the **Start** button to begin cooking.*

Instant Cook Chart

Item	Weight	Remarks
Popcorn	3.5 oz 3.0-3.5 oz 1.75 oz 1.5-1.75 oz	• Use one microwave-only bag of popcorn. • Use caution when removing and opening hot bag from oven.
Potato	1 EA 2 EA 3 EA 4 EA 5 EA 6 EA	• Prick each potato several times with fork. • Place it on turntable in spoke-like fashion. • Remove from oven, wrap in foil and let stand 3-5 min.
Fresh Vegetable	1 cup 2 cups 3 cups 4 cups	• Place the vegetables into a casserole and add a small amount of water(2-4 Tbsp). • Cover during cooking and stir before standing.
Frozen Dinner	7-10 oz 10-12 oz 12-18 oz	• Remove package from outer wrapping and follow package instructions for covering and standing. After cooking, let stand 1-3 min.
Diet Cook (Low Calorie Frozen Dinner)	7-10 oz 10-12 oz 12-18 oz	
Baby Food	2.5 oz 4 oz 6 oz	• Remove lid from baby food and heat (heating time is very short). Check temperature and stir well before serving. • The More/Less key cannot be used with the baby food key.
Frozen Breakfast	2-4 oz 4-6 oz 6-8 oz	• Remove package from outer wrapping and follow package instructions for covering and standing. After cooking, let stand 1-3 min.

Using the One Minute+ Button

This button offers a convenient way to heat food in one-minute increments at the High power level.

1 Press the **One Minute+** button once for each minute you wish to cook the food. *For example, press it twice for two minutes.* The time will display, and the oven starts automatically.

*Add minutes to a program in progress by pressing the **One Minute+** button for each minute you want to add.*

Using the Gentle Cook Button

This button is for slower, gentler cooking with reduced power. It is ideal for heat sensitive foods such as those containing egg yolks, sour cream and mayonnaise and for simmering stews, etc.

1 Use the **Number** buttons to set a cooking time.
For example, to set 10 minutes, enter 1,0,0,0.

2 Press the **Gentle Cook** button. The time will display and the oven will start automatically.

Using the Browner Cook Button

For more time savings plus the benefits of browning, use the **Browner** mode directly after microwave cooking.

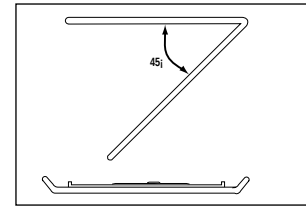
This feature allows you to brown some of your favorite foods using the radiant heat from the browning element.

For best results, place the food on the metal rack which is placed on the glass tray.

The rack is to be used for browning ONLY.

Do not leave it in the oven after browning or use when microwaving.

When cleaning the upper part inside the oven, you can conveniently turn the heater downward by 45˚ to clean it.



1 Use the **Number** buttons to set the browning time.
(up to 30 minutes maximum).

2 Press the **Browner** button.
The word "BROWNER" will appear in the display.

3 Press **Start**.
The display counts down the time and beeps when the time has elapsed.

Setting and Using the Custom Cook Button

The **Custom Cook** button memorizes the time and power setting for a particular food.

Programming the Custom Cook button

1 Press the **Custom Cook** button. Press the button twice to delete the previous Custom setting. The display shows "ENTER COOKING TIME AND POWER."

2 Use the **Number** buttons to enter the amount of cooking time. The display will show the amount of time you have set.

3 Press **Power Level** and use the **Number** buttons to enter the power level. The display will show the power level you have set. You can set the power level from 0 to 9.

1 = warm	2 = low
3 = defrost	4 = medium low
5 = medium	6 = simmer
7 = medium high	8 = reheat
9 = sauté	0 = high

4 Press the **Custom Cook** button again. The display will read "CUSTOM RECIPE SAVED."

Using the Custom Cook button

Press the Custom button after memorizing a recipe, then press **Start** button.
You can check the power level while cooking is in progress by pressing the **Power Level** button.

Defrosting Automatically

To thaw frozen food, set the weight of the food and the microwave automatically sets the defrosting time, power level and standing time.

1 Press the **Auto Defrost** button. The display shows "0.5 LB."(0.2Kg if you have set your oven for metric measure).

2 To set the weight of your food, press the **Auto Defrost** button repeatedly. This increases the weight by 0.5 lb increments, up to 6.0 lbs.

You can also use the number buttons to enter the weight of the food directly.

The oven calculates the defrosting time and starts automatically. Twice during defrosting, the oven will beep and the display will read "TURN THE FOOD OVER."

3 Press the **Pause/Cancel** button, open the oven door, and turn the food over.

4 After closing the door.
Press the **Start** button to resume defrosting.

• ***See page 20 for the Auto Defrosting Guide***

Reheating Automatically

To reheat food, select the type of dish and the number of servings you want to reheat, and the microwave automatically sets the reheating time.

1 Press the **Auto Reheat** button repeatedly to select the type of dish you wish to reheat. The initial serving size for each dish is one serving.

Plate of food

Casserole

Soup /Sauce

You can select up to four servings for casseroles and soup. Only one serving is available for a plate of food.

The display shows the dish and quantity you have chosen, then "PRESS START."

2 Use the **Number** buttons to increase the serving size. *For example, for three servings, press the"3" button (Refer to the Auto Reheat Chart below for the Servings).* The display shows the number of servings you have selected:

3 Press the **Start** button. The display will show "REHEAT."

Auto Reheat Chart

Item	Weight	Remarks
Plate of Food	1 serving	• Cover plate with vented plastic wrap or wax paper • Contents - 3-4 oz. meat, poultry or fish (up to 6 oz. with bone) - 1/2 cup starch (potatoes, pasta, rice, etc.) - 1/2 cup vegetables (about 3-4 oz.)
Casserole	1 to 4 servings (8 oz./serving)	• Cover with lid or vented plastic wrap.
Soup/ Sauce	1 to 4 servings (8 oz./serving)	• Stir foods once before serving.

Setting Cooking Times & Power Levels

Your microwave allows you to set up to three different stages of cooking, each with its own time length and power level. The power level lets you control the heating intensity from Warm (1) to High (0).

One-stage Cooking

For simple one-stage cooking, you only need to set a cooking time. The power level is automatically set at High. If you want the power set at any other level, you must set it using the **Power Level** button.

1 Use the **Number** buttons to set a cooking time. You can set a time from one second to 99 minutes, 99 seconds. To set a time over one minute, enter the seconds too. *For example, to set 20 minutes, enter 2, 0, 0, 0 .*

2 If you want to set the power level to something other than High, press the **Power Level** button, then use the number buttons to enter a **Power Level**.

Power Levels:

1 = warm	6 = simmer
2 = low	7 = medium high
3 = defrost	8 = reheat
4 = medium low	9 = sauté
5 = medium	0 = high

The display shows "PRESS START OR ENTER NEXT STAGE COOKING TIME"

3 Press the **Start** button to begin cooking. If you want to change the power level, press Pause/Cancel before you press start, and re-enter all of the instructions.

Setting Cooking Times, continued

Some recipes require different stages of cooking at different temperatures. You can set multiple stages of cooking with your microwave.

Multi-stage Cooking

1 Follow steps 1 and 2 in the "One-Stage Cooking" section on this page. The display shows "PRESS START OR ENTER NEXT STAGE COOKING TIME."

*When entering more than one cooking stage, the **Power Level** button must be pressed before the second cooking stage can be entered.*

*To set the power level at High for a stage of cooking, press the **Power Level** button twice.*

2 Use the **Number** buttons to set a second cooking time.

3 Press the **Power Level** button, then use the **Number** buttons to set the power level for the second stage of cooking. The display shows the power level you have set and then "PRESS START OR NEXT STAGE COOKING TIME."

4 Press **Start** to begin cooking, or repeat steps 2 and 3 to set a cooking time and power level for a third stage of cooking. When finished, press **Start.**

Using the More/Less Button

The **More/Less** button allows you to adjust pre-set cooking times. It only works with **Auto Reheat** , the **Instant-cook** buttons. Use the **More/Less** button only after you have already begun cooking with one of these procedures. The **More/Less** key cannot be used with the **Baby Food, Auto Defrost** key.

1 To ADD more time to an automatic cooking procedure: Press the **More/Less** button once. The word "MORE" will appear in the display.

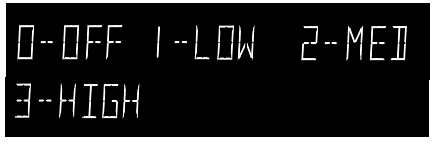
2 To REDUCE the time of an automatic cooking procedure: Press the **More/Less** button twice. The word "LESS" will appear in the display.

3 To return to the NORMAL time set for an automatic cooking procedure: Press the **More/Less** button until the word "NORMAL" appears in the display.

Adjusting the Volume

The **Sound** button on the microwave allows you to adjust the volume of the microwave's chime sound. The sound is initially set to its highest setting. To change the volume:

1 Press the **Sound** button. The display shows
"0-OFF 1-LOW 2-MED 3-HIGH"



2 Press "0" to turn the volume off, "1" for low volume, "2" for medium volume, or "3" for high volume.
The display will show the volume you have chosen, then shows "PRESS START"

3 Press **Start:**

Using the Kitchen Timer

1. Use the **Number** buttons to set the length of time you want the timer to run.
2. Press the **Kitchen Timer** button.
3. The display counts down and beeps when the time has elapsed.

Setting the Child Protection Lock

You can lock your microwave oven so it can't be used by unsupervised children.

1. Press the "**0**" button. The display shows "PRESS 1-DEMO 2- CHILD LOCK."

2. Press the "**2**" button. The display shows "PRESS START."

3. Press the **Start** button. The display shows "LOCK" then returns to the time of day.

At this point, the microwave oven cannot be used until it is unlocked. To unlock it, repeat steps 1–3 above.

Demonstration Mode

You can use the Demonstration Mode to see how your microwave oven operates without the oven heating.

1. Press the "**0**" button. The display shows "PRESS 1-DEMO 2-CHILD LOCK."

2. Press the "**1**" button. The display shows "PRESS START".

3. Press the **Start** button. The display shows "DEMO MODE ON".

To turn demo mode off, repeat steps 1–3 above.

Cooking Utensils

Recommended Use

- **Glass and glass-ceramic bowls and dishes** — Use for heating or cooking.
- **Microwave browning dish** — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.
- **Microwavable plastic wrap** — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.
- **Wax paper** — Use as a cover to prevent spattering.
- **Paper towels and napkins** — Use for short-term heating and covering; they absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and can catch fire.
- **Paper plates and cups** — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and can catch fire.
- **Thermometers** — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.

Limited Use

- **Aluminum foil** — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful.
- **Ceramic, porcelain, and stoneware** — Use these if they are labeled "Microwave Safe." If they are not labeled, test them to make sure they can be used safely. Never use dishes with metallic trim.
- **Plastic** — Use only if labeled "Microwave Safe." Other plastics can melt.
- **Straw, wicker, and wood** — Use only for short-term heating, as they can be flammable.

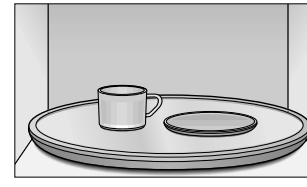
Not Recommended

- **Glass jars and bottles** — Regular glass is too thin to be used in a microwave, and can shatter.
- **Paper bags** — These are a fire hazard, except for popcorn bags that are designed for microwave use.
- **Styrofoam plates and cups** — These can melt and leave an unhealthy residue on food.
- **Plastic storage and food containers** — Containers such as margarine tubs can melt in the microwave.
- **Metal utensils** — These can damage your oven. Remove all metal before cooking.

Testing Utensils

If you are not sure whether a dish is microwave-safe or not, you can perform this test:

1 Fill a 1 cup glass measuring cup with water and put it inside your oven, next to the dish you want to test.



2 Press the **One Minute +** button once to heat them for one minute at High power.

The water should be warm and the dish you are testing should be cool. If the dish is warm, then it is absorbing microwave energy and is not acceptable for use in the microwave.

Cooking Techniques

Stirring
Stir foods such as casseroles and vegetables while cooking to distribute heat evenly. Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

Arrangement
Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place thin or delicate parts toward the center of the turntable.

Shielding
Shield food with narrow strips of aluminum foil to prevent overcooking. Areas that need shielding include poultry wing-tips, the ends of poultry legs, and corners of square baking dishes. Use only small amounts of aluminum foil. Larger amounts can damage your oven.

Turning
Turn foods over midway through cooking to expose all parts to microwave energy. This is especially important with large items such as roasts.

Standing
Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after the oven stops. Let foods stand to complete cooking, especially foods such as roasts and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas. All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete. Let liquids stand a moment before serving. When heating baby food, stir well and test the temperature before serving.

Adding Moisture
Microwave energy is attracted to water molecules. Food that is uneven in moisture content should be covered or allowed to stand so that the heat dis perses evenly. Add a small amount of water to dry food to help it cook.

Browning
Roast, poultry and ham cooked for 15 minutes or longer brown nicely on their own in a microwave. Other cook too quickly in a microwave oven to brown. To brown and crisp foods after microwaving, place on the metal racks then place the rack on the turntable and use the browner feature. The rack is for use with the Browner only, do not use when microwaving.

General Tips
- Dense foods, such as potatoes, take longer to heat than lighter foods. Foods with a delicate texture should be heated at a low power level to avoid becoming tough.
- Altitude and the type of cookware you are using can affect cooking time. When using a new recipe, use the minimum cooking time and check the food occasionally to prevent overcooking.
- Foods with a non-porous skin or shell, such as potatoes, eggs, or hot dogs, should be pierced to prevent bursting.
- Frying with heating oil or fat is not recommended. Fat and oil can suddenly boil over and cause severe burns.
- Some ingredients heat faster than others. For example, the jelly inside a jelly doughnut will be hotter than the dough. Keep this in mind to avoid burns.
- Home canning in the microwave oven is not recommended because all harmful bacteria may not be destroyed by the microwave heating process.
- Although microwaves do not heat the cookware, the heat is often transferred to the cookware. Always use pot holders when removing food from the microwave and instruct children to do the same.

GUIDE for Cooking Meat in Your Microwave

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat-side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.
- Check the temperature in several places before letting the meat stand the recommended time.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.

Food	Cook Time /Power Level	Directions
Roast Beef Boneless Up to 4 lbs.	*Cooking Time:* 7-10 min. / lb. for 115° F - Rare 8-12 min. / lb. for 120° F - Medium 9-14 min. / lb. for 145° F - Well Done *Power Level:* High(0) for first 5 min., then Medium(5).	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over when cooking time is half up. Let stand 10 min.

GUIDE for Cooking Poultry in Your Microwave

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use aluminum foil to shield bone tips, thin meat areas, or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

Food	Cook Time /Power Level	Directions
Whole Chicken Up to 4 lbs.	*Cooking Time:* 6-9 min. / lb. 170° -180°F *Power Level:* Medium High(7).	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.
Chicken Pieces Up to 1 1/2 lbs.	*Cooking Time:* 6-9 min. / lb. 180°F dark meat 170°F light meat *Power Level:* Medium High(7).	Place chicken bone-side down on dish, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.

GUIDE for Cooking Seafood in Your Microwave

- Cook fish until it flakes easily with a fork.
- Place fish on a microwave-safe roasting rack in a microwave-safe dish.
- Use a tight cover to steam fish. A lighter cover of wax paper or paper towel provides less steaming.
- Do not overcook fish; check it at minimum cooking time.

Food	Cook Time /Power Level	Directions
Steaks Up to 1.5 lbs.	*Cooking Time:* 6-10 min. / lb. *Power Level:* Medium High(7).	Arrange steaks on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 3-5 min.
Fillets Up to 1.5 lbs.	*Cooking Time:* 3-7 min. / lb. *Power Level:* Medium High(7).	Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over 1/2 inch thick, turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 2-3 min.
Shrimp Up to 1.5 lbs.	*Cooking Time:* 3-5 1/2min. / lb. *Power Level:* Medium High(7).	Arrange shrimp in a baking dish without overlapping or layering. Cover with wax paper. Cook until firm and opaque, stirring 2 or 3 times. Let stand 5 min.

GUIDE for Cooking Eggs in Your Microwave

- Never cook eggs in the shell, and never warm hard-cooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they become tough if overcooked.

GUIDE for Cooking Vegetables in Your Microwave

- Vegetables should be washed just before cooking. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about 1/4 cup water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger ones.
- Whole vegetables, such as potatoes, acorn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several spots before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time. (Standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven.) A baked potato can stand on the counter for five minutes before cooking is completed, while a dish of peas can be served immediately.

AUTO DEFROSTING GUIDE

- Follow the instructions below when defrosting different types of food.

Food	Amount	Procedure
Roast Beef	*2.5-5.0 lbs.*	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil.
Steaks, Chops, Fish	*0.5-3.0 lbs.*	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10 minutes.
Ground Meat	*0.5-3.0 lbs.*	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil, for 5–10 minutes.
Whole Chicken	*2.5-6.0 lbs.*	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30–60 minutes in the refrigerator.
Chicken Pieces	*0.5-2.0 lbs.*	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

Notes

Check foods when the oven signals. After the final stage, small sections may still be icy; let them stand to continue thawing. Do not defrost until all ice crystals have thawed.

Shielding roasts and steaks with small pieces of foil prevents the edges from cooking before the center of the food has defrosted. Use narrow, flat, smooth strips of aluminum foil to cover the edges and thinner sections of the food.

Recipes

Beef and Barley Stew

1 1/2 lbs. beef stew cubes, cut into 1/2-inch pieces
1/2 cup chopped onion
2 Tbs. all-purpose flour
1 Tbs Worcestershire sauce
1 can (13.75-14.5 oz.) beef broth
2 medium carrots, cut into 1/2-inch slices (about 1 cup)
1/2 cup barley
1 bay leaf
1/4 tsp. pepper
1 pkg. (9-10 oz.) frozen peas, thawed

1. In a 2-quart casserole, combine beef, onion, flour, and Worcestershire; mix well. Cover with lid. Cook at High for 6 to 8 minutes until beef is no longer pink, stirring once.
2. Stir in beef broth, carrots, barley, bay leaf, and pepper. Cover with lid. Cook at Medium for 1 to 11/2 hours until carrots and beef are tender, stirring 2 to 3 times.
3. Stir in peas. Cover with lid. Cook at Medium for 10 minutes. Let stand for 10 minutes. Remove bay leaf before serving. *Makes 6 servings.*

GUIDE for Cooking & Browning

- Always use microwave and heat-safe cooking utensils:
- Cover food with wax paper, plastic wrap or lids during microwave time; remove during browning.
- Always use the metal rack that comes with your oven when you want to get better browning unless the food is very high, like whole chicken or meat loaf. The rack is very helpful for quick browning.
- The browner time given below is for browning on one side of the food only. If browning is desired on both sides, turn food over and brown for the same amount of time as the first side.
- Place dish on the metal rack on glass tray or the foods directly on the metal rack after microwaving and draining.
- Preheating is not necessary. However, preheating will increase browning if desired.

Food	Amount	Cook Time	Power Level	Browner	Directions
Beef					
Hamburger patties, 4 oz. each, 1/2-inch thick.	2 patties 4 patties	2-3 min. 3-5 min.	HIGH (0)	6-8 min 8-10 min	Turn over after half the microwave time.Drain after microwaving. Place directly on rack to brown.
Meat loaf.	1 1/2 to 2 lbs	20-25 min.	MEDIUM-HIGH (7)	8 min	Use ring mold or pyrex loaf pan. Do not use rack for browning.
Sirloin steak 3/4 to 1-inch thick.	1 to 2	4-5 min./lb.	MEDIUM-HIGH (7)	8-10 min	Brush with melted butter before browning. Turn over after half the microwave time. Drain after microwaving.Place directly on rack to brown.
Tenderloin steak, 8 oz. each, 1-inch thick.	4	3-4 min./lb. for 120°F Rare 4-6 min./lb. for 135°F Medium 6-8 min./lb. for 150°F Well Done	MEDIUM-HIGH(7) MEDIUM-HIGH(7) MEDIUM-HIGH(7)	8-10 min	Same as above.
Lamb **Lamb chops, 1-inch thick .**	1 to 1 1/2 lbs	4-6 min.	MEDIUM-HIGH (7)	9-11 min	Same as above.
Veal **Veal cutlets or loin chops, 1/2 to 3/4-inch thick .**	1 to 2	4-6 min.	MEDIUM-HIGH (7)	9-11 min	

Food	Amount	Cook Time	Power Level	Browner	Directions
Poultry					
Chicken pieces.	1 lb	5-7 min.	MEDIUM-HIGH (7)	8-10 min	Arrange chicken, skin side up in 9-inch pie plate. Cover with wax paper. Turn over after 1/2 the cooking time. Drain after microwaving. Brush with melted butter before browning. Place directly on rack to brown.
Fish					
Fish Fillets, 1/2-inch thick.	1 lb	3-4 min.	MEDIUM-HIGH (7)	5-9 min	Turn fish steaks and whole fish over after half the microwave time, drain after microwaving, brush with melted butter before browning. May be browned in dish on rack.
Fish Fillets, 1/2-inch thick.	2 lbs	6-8 min.	MEDIUM-HIGH (7)	6-10 min	Turn fish fillets over after half the microwave time, drain after microwaving, brush with melted butter before browning. May be browned in dish on rack.
Fish steaks, 1-inch thick.	1 lb	4-5 min.	MEDIUM-HIGH (7)	7-11 min	Turn over after half the microwave time.
Whole Fish 8 to 10 oz.	1 1/2 to 2 lbs	4-6 min.	MEDIUM-HIGH (7)	8-10 min 10-12 min	Turn over after half the microwaving time. Brown on rack.

Recipes

Fish Steak Suprise

2 (8-oz.) swordfish, halibut or salmon steaks

2 tablespoons onion soup mix

1/2 cup mayonnaise

1. Arrange steaks in 9-inch glass pie plate. Sprinkle evenly with soup mix; cover completely with mayonnaise. Cover with wax paper.
2. Microwave at MEDIUM-HIGH (7) for 4 to 5 minutes until fish flakes easily when tested with fork. Remove dish from oven. Brown in dish on rack, uncovered, for 6 to 8 minutes turn over after the cooking time is halp up until topping is lightly browned. *Makes 2 servings.*

Broccoli Au Gratin

2 slices bacon

2 teaspoons butter or margarine

1/2 cup soft bread crumbs

2 pkgs. (10 oz. each) frozen chopped broccoli

1 can (11 oz.) condensed Chedder cheese soup

1. Arrange bacon on paper towel-lined plate: cover with a paper towel. Microwave at HIGH (0) for 1 1/4 to1 13/4 minutes until crisp; crumble. Set aside.
2. Place butter in small bowl. Microwave at HIGH (0) for 30 to 45 seconds, or until melted. Stir in bacon and bread crumbs. Set aside.
3. Place broccoli in 2-quart shallow casserole. Cover with lid or plastic wrap. Microwave at HIGH (0) for 7 to 9 minutes until hot, stirring after half the time. Stir in soup. With back of a spoon. level mixture in dish.Sprinkle with bread crumb mixture.
4. Microwave at HIGH (0) for 4 minutes. Brown for 5 to 7 minutes in dish on rack until crumbs are golden brown. *Makes 4 to 6 servings.*

Spinach Casserole

1 pkg. (10 oz.) frozen chopped spinach

11/2 cups cottage cheese

2 eggs, slightly beaten

3 tablespoons flour

1/2 cup soft bread crumbs

1/2 teaspoon salt

2 teaspoons butter or margarine, melted

1. Remove foil from spinach package. Place package in 9-inch glass pie plate. Microwave at HIGH (0) for 5 to 6 minutes, or until hot. Let stand 5 minutes in box. Remove spinach from package; drain thoroughly.
2. In same pie plate, combine spinach with next 3 ingredients. With back of a spoon, level mixture in dish.
3. In a small bowl, combine bread crumbs, salt and butter. Sprinkle evenly over top of spinach mixture. Microwave at HIGH (0) for 5 minutes. Remove dish from oven. Place dish on rack. Brown for 6 to 8 minutes, until bread crumbs are golden brown.

   Makes 4 to 6 servings.

Troubleshooting Guide

Before you call a repair person for your oven, check this list of possible problems and solutions.

Neither the oven's display nor the oven operate.

- Properly insert the plug into a grounded outlet.
- If the outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait ten seconds, then plug it in again.
- Reset the circuit breaker or replace any blown fuse.
- Plug another appliance into the outlet; if the other appliance doesn't work, have a qualified electrician repair the outlet.
- Plug the oven into a different outlet.

The oven's display works, but the power won't come on.

- Make sure the door is closed securely.
- Check to see if packing material or other material is stuck to the door seal.
- Check for door damage.
- Press Cancel twice and re-enter all cooking instructions.

The power goes off before the set time has elapsed.

- If there has not been a power outage, remove the plug from the outlet, wait ten seconds, then plug it in again. If there was a power outage, the time indicator will display "SAMSUNG SO SIMPLE" Reset the clock and any cooking instructions.
- Reset the circuit breaker or replace any blown fuse.

The food is cooking too slowly.

- Make sure the oven is on its own 10 amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the oven to its own circuit.

You see sparks or arcing.

- Remove any metallic utensils, cookware, or metal ties. If using foil, use only narrow strips and allow at least one inch between the foil and interior oven walls.

The turntable makes noises or sticks.

- Clean the turntable, roller ring and oven floor.
- Make sure the turntable and roller ring are positioned correctly.

Using your microwave causes TV or radio interference.

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio.

Care and Cleaning

Follow these instructions to clean and care for your oven.

- Keep the inside of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp cloth and mild soap. Do not use harsh detergents or abrasives.
- To help loosen baked on food particles or liquids, heat two cups of water (add the juice of one lemon if you desire to keep the oven fresh) in a four-cup measuring glass at High power for five minutes or until boiling. Let stand in the oven for one or two minutes.
- Remove the glass tray from the oven when cleaning the oven or tray. To prevent the tray from breaking, handle it carefully and do not put it in water immediately after cooking. Wash the tray carefully in warm sudsy water or in the dishwasher.
- Clean the outside surface of the oven with soap and a damp cloth. Dry with a soft cloth. To prevent damage to the operating parts of the oven, don't let water seep into the openings.
- Wash the door window with very mild soap and water. Be sure to use a soft cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in it; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water in the oven when it is not in use to prevent damage if the oven is accidentally turned on.

Specifications

Model Number	MB7696W / MB7697G
Oven Cavity	1.3cuft
Controls	10 power levels, including defrost
Timer	99 minutes, 99 seconds
Power Source	220 VAC, 50-60 Hz
Power Output	MWO 950 Watts / HEATER 1300 Watts
Oven Cavity Dimensions	$14^{3/4}$"(W) X $9^{17/32}$"(H) X $15^{7/16}$"(D)
Outside Dimensions	$21^{7/8}$"(W) X $12^{5/16}$"(H) X $16^{21/32}$"(D)
Net/Gross Weight	38.6/43.1 lbs

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